



YMCA OF BUCKS AND HUNTERDON COUNTIES
KIDS TRI

Athlete Guide
Sunday, August 11, 2024



WELCOME TRIATHLETES



Welcome 2024 YMCA Kids Triathletes and Families!

Compete to Complete. That is what youth triathletes will be achieving on Sunday, August 11, 2024. You made it to race day, and we cannot be more proud to host and cheer for you as you start the ultimate endurance event. You and your family are a part of the USA Triathlon's USA Kids Tri movement right here in the heart of Bucks County, PA. Back by popular and sold out demand, we are thrilled to welcome you to USA Kids Tri NJ/PA's culminating east coast race - the 2024 YMCA Kids Triathlon. We welcome many new and returning youth athletes of all skill levels ages 3-15 where all will become finish line champions on race day. The YMCA Kids Triathlon race day is a full-family experience like none other, beginning with pre-race entertainment for your youth triathletes as they check in, the energy and excitement of our Kids Triathlon Village, and a finish line experience that fully embraces our COMPETE TO COMPLETE and Y FOR ALL atmosphere where every athlete is a winner.

What's new this year? We realize that most children are already triathletes themselves before they ever compete. They splash and swim in our pools and at our beaches, they bike in our driveways and with their friends and they run around with so much joy! But not all children have these resources and structured opportunities to thrive to become what they already are at their core- accomplished triathletes. In 2024, our YMCA Kids Tri is partnered once again with USA Triathlon to make youth multisport more accessible than it's ever been. Supported by the USA Triathlon Foundation, USA Kids Tri is the next step in increasing triathlon and multisport opportunities and access for current and prospective youth athletes. We know that you, your child and our community will see these benefits not just at the start on August 11th, but year-round in programming, summer camp and in the community. To close the gap of participation between youth and adult races, a 15 year age-group has been created. And our Kids Tri Village will be enhanced with incredible entertainment and stronger than ever.

We'd like to thank our sponsors, Giant, Doylestown Health, Fred Beans Automotive Group and Penn Community Bank. We'd also like to thank USA Triathlon, the USA Triathlon Foundation and the 200+ plus volunteers who make this event possible each year. They've donated countless resources and time to ensure an incredible day! A very special thanks goes out to the Borough of Doylestown, Doylestown Township and all emergency personnel for allowing kids triathletes to enjoy the beauty and safety of their race. Last but not least, we thank you for being the greatest fans in attendance who have traveled near and far to support your children as you cheer them on.

We encourage you to read this Athlete Guide in its entirety for schedules, maps, FAQs, and a complete race day guide. Additionally, we will keep all families up to date with any new information on our YMCA Kids Tri website at ymcabhc.org/kids-tri. Together, we look forward to seeing your triathlete finish as a finish line champion.

We're Here For You and can't wait to see your child at the start!

JUSTIN GRAND

Race Director

USA Triathlon Level I Certified Coach



YMCA KIDS TRI YMCA OF BUCKS AND HUNTERDON COUNTIES

MISSION STATEMENT:

YMCA of Bucks and Hunterdon Counties is a charitable, nonprofit organization committed to strengthening our communities through membership and programs that foster youth development, healthy living and social responsibility for all.

YMCA KIDS TRIATHLON CASE FOR SUPPORT

The Y employs more than 1,000 people, serves more than 60,000 individuals and provides \$5 million in charitable community impact each year. YMCA of Bucks and Hunterdon Counties is a non-profit organization that relies upon charitable support to ensure that no one is turned away because of an inability to pay.

Benefit of Sponsorship

Companies and individuals can support the YMCA Kids Triathlon, be associated with a positive, family friendly brand and have access to thousands of marketing impressions before race day, during the race and post the race. There are many levels to choose from and benefits include race day registrations, signage, press coverage and social media recognition.

Please join us this year by participating as a sponsor. If have any questions please contact Director of Corporate Fundraising & Special Events Maggie Lester at mlester@ymcabhc.org.

Y FOR ALL: DIVERSITY & INCLUSION

“For all” is a simple but powerful phrase. Without it, the Y mission is incomplete. Our commitment to inclusion creates better communities, a better country, and a better world.

YMCA of Bucks and Hunterdon Counties is committed to fostering an environment of acceptance. We recognize that individuals, families, and communities are diverse, and choose to be inclusive of all. We are committed to developing programs and services to embrace all people and needs of our communities.

We know that the key to effectively nurturing the potential of children, improving the nation’s health and well-being, and supporting our neighbors is a passionate, experienced, and diverse array of staff, volunteers, and members who value what everyone brings to the table.

We are passionate about our cause to strengthen communities and know that our ability to achieve it begins with reflecting and partnering with people from all walks of life. As a Y, we believe to be truly inclusive and welcoming to all, it is critical to understand the many factors that make up and influence an individual and his or her personality. Our programs and services, including the YMCA KIDS TRIATHLON, revolve around the understanding and respect of all dimensions of diversity. For more information on Y FOR ALL and our Diversity & Inclusion efforts at the Y, please visit ymcabhc.org/about/about-us/diversity-inclusion.

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AGE GROUP RACE DISTANCES

School age 6-15 yrs.	Swim	Bike	Run
Age 6-7	25 meter	1.75 miles	.5 miles
Age 8-9	50 meter	1.75 miles	.5 miles
Age 10-11	100 meter	3.5 mile	.75 miles
Age 12-13	150 meter	3.5 mile	.75 miles
Age 14-15 (NEW!)	150 meter	3.5 mile	.75 miles

REGISTER BY AUG 5
 + Personalized Name Race Bib
 (by July 28)
\$45
 \$50 after Aug 5

WeeBees Accompanied by parent	Swim	Bike	Run
Age 3-5	12 meter	.25 miles	.12 miles

REGISTER BY AUG 5
 + Personalized Name Race Bib
 (by July 28)
\$25
 \$50 after Aug 5

Register online at [ymcabhcs.org/kids-tri!](http://ymcabhcs.org/kids-tri)

NATIONAL PARTNERSHIP WITH USA TRIATHLON KIDS TRI



Supported by the USA Triathlon Foundation, USA Kids Tri is the next step in the organization's continued efforts to work alongside local events, race directors, coaches and clubs across the country that are increasing triathlon and multisport opportunities and access for current and prospective youth athletes. "Every child should have

the opportunity to be active and experience the joys of multisport. Our USA Kids Tri program is another opportunity to support our multisport community leaders and partner with local schools and community centers to introduce the sport and all its virtues to youth athletes across the U.S.," said Victoria Brumfield, USA Triathlon CEO. "Building community is a vital part of turning any activity into a passion for kids and the USA Kids Tri program is designed to help strengthen this by connecting kids with dedicated race directors, coaches, club members and volunteers who will help lead the program. We can't wait to get to work with our community and grow the sport."

USA Kids Tri is comprised of four core elements:

- Introduce multisport in an established setting and format
- Elevate community connections to provide best-in-class resources
- Bolster existing race formats with proven records of success
- Enable kids from low-to-moderate income households to engage with the sport in a way that works for them and their families

YMCA of Bucks and Hunterdon Counties is proud to partner once again with USA Triathlon in growing the USA Kids Tri initiative throughout Pennsylvania and New Jersey, as well as serving as a national model for Kids Tri youth programming and classes, summer day camps, and Kids Triathlon races. Originally launched in 2023, the YMCA Kids Tri program includes 8-week kids triathlon classes that run throughout the year for youth of all experience levels and a summer day camp. The 2024 YMCA Kids Triathlon race also serves as the culminating event for the USA Kids Tri NJ/PA region.

All USA Kids Tri programs will include educational resources, structured time for kids to connect with youth-centric coaches and clubs, after-school programs or other practice opportunities, and the chance to compete at a local youth race where all participating kids will receive a free USA Triathlon Youth Annual Membership. The tenets of USA Kids Tri include:

- Learning, developing skills, competing and building community
- The multisport fundamentals of health and wellness education built around the American Development Model (ADM). ADM is a concerted effort between the United States Olympic & Paralympic Committee and its sport National Governing Bodies to apply long-term athlete development principles in a way that creates early positive experiences for youth athletes across all sports by promoting sustained sport participation.

"Creating more consistent opportunities for kids to engage in triathlon and multisport by practicing and participating with their friends will lead to the fun-filled unforgettable moments that stay with them for a lifetime," said Emma O'Brien, USA Triathlon youth program coordinator. "When the activity becomes intertwined with their routines, friends and interests, it becomes a healthy passion. The USA Kids Tri program will introduce the sport in a fun, non-competitive fashion for athletes from all backgrounds."

FREE USA TRIATHLON YOUTH ANNUAL MEMBERSHIP!

USA Triathlon is supporting YMCA of Bucks and Hunterdon Counties and all youth athletes competing in the YMCA Kids Tri with free USAT memberships!

Benefits of USA Triathlon Youth Membership:

- Access to USA Triathlon Membership
- Access to members-only dashboard with giveaways and special articles including usatriathlon.org/youth resources
- Online subscription to the quarterly USA Triathlon Magazine with Kids' Section
- Exclusive discounts from USA Triathlon sponsors (Discount codes are accessed via your membership dashboard)
- Discounts on all USA Triathlon hosted webinars
- Preferred pricing at USATStore.com, USA Triathlon's Official Online Store
- Excess accident insurance while participating in USA Triathlon-sanctioned events

IMPORTANT INSTRUCTIONS FOR REGISTRATION:

To take advantage of this amazing opportunity, parents will need to:

1. First, visit the USAT Membership site at: member.usatriathlon.org.
2. For youth triathletes with existing USAT membership: select "Renew" if current USAT membership expiration date is before 8/11/2024. Renew their annual membership using this code: **YMCABHC** and obtain their membership number.
3. For new youth triathletes without a USAT membership: create your child's account and they will obtain their annual membership using this code: **YMCABHC** and obtain their membership number.
4. They will use that active membership while registering for the event at www.ymcabhc.org/kids-tri
5. They will use that active membership while registering for the event at ymcabhc.org/kids-tri.

About USA Triathlon:

USA Triathlon is proud to serve as the National Governing Body for triathlon, as well as duathlon, aquathlon, aquabike, winter triathlon, off-road triathlon and paratriathlon in the United States. Founded in 1982, USA Triathlon sanctions more than 4,300 events and connects with more than 400,000 members each year, making it the largest multisport organization in the world. In addition to its work at the grassroots level with athletes, coaches, and race directors — as well as the USA Triathlon Foundation — USA Triathlon provides leadership and support to elite athletes competing at international events, including World Triathlon World Championships, Pan American Games and the Olympic and Paralympic Games. USA Triathlon is a proud member of World Triathlon and the United States Olympic & Paralympic Committee (USOPC).

About the USA Triathlon Foundation:

The USA Triathlon Foundation is a 501(c)(3) non-profit organization and the charitable arm of USA Triathlon. With its mission to transform lives through sport by providing opportunities to swim, bike and run, the Foundation serves to generate a greater impact on the multisport community through charitable giveback and grants that advance the Foundation's three pillars: (1) Encourage youth participation; (2) Inspire adaptive athletes; and (3) Ignite Olympic/Paralympic dreams. Since the Foundation was established in 2014, it has impacted the lives of thousands by providing grants to organizations and individuals in pursuit of its mission and pillars to create a healthier United States through triathlon. To learn more about the Foundation and get involved, please visit usatriathlonfoundation.org.

Visit usatriathlon.org/multisport/youth for all USA Triathlon Kids Tri resources!



EVENT SCHEDULE



	TIME	EVENT	LOCATION
THU	4-6 PM	Packet Pickup: All Ages	Doylestown YMCA Welcome Center
	6-7 PM	Triathlon Information Session	Zoom: RSVP at ymcabhc.org/kids-tri
SAT	12-4 PM	Packet Pickup: All Ages	Doylestown YMCA Welcome Center
	12-4 PM	Walk-In Registration	Doylestown YMCA Welcome Center
SUNDAY, AUGUST 11	6:30-7:30 AM	TRANSITION OPENS: Ages 6-15 Only All Kids Triathletes must check in by 7:30 AM!	YMCA Parking Lot
	6:30-7:30 AM	SAME-DAY PACKET PICKUP: Ages 6-15 Only *No same day registration*	YMCA Parking Lot
	7:30 AM-1 PM	Kids Tri Village: Finish Line Expo & Race Entertainment	YMCA Parking Lot
	7:30 AM	Transition Closes: Ages 6-15 Only All Kids Triathletes will exit transition	YMCA Parking Lot
	7:35 AM	Opening Ceremony	Flagpole
	7:40 AM	12-15 Age Group: Assembles at Main Y entrance	YMCA Main Entrance
	7:45 AM	12-15 Age Group: Race Start	Lap Pool
	8:15 AM	10-11 Age Group: Assembles at Main Y entrance	YMCA Main Entrance
	8:20 AM	10-11 Age Group: Race Start	Lap Pool
	8:50 AM	8-9 Age Group: Assembles at Main Y entrance	YMCA Main Entrance
	8:55 AM	8-9 Age Group: Race Start	Lap Pool
	9:25 AM	6-7 Age Group: Assembles at Main Y entrance	YMCA Main Entrance
	9:30 AM	6-7 Age Group: Race Start	Lap Pool
	11-11:45 AM	TRANSITION OPENS: WeeBees Age Group Only All Kids Triathletes must check in by 11:45 AM!	YMCA Parking Lot
	11-11:45 AM	SAME-DAY PACKET PICKUP: WeeBees Age Group Only *No same day registration*	YMCA Parking Lot
	11:45 AM	Transition Closes: WeeBees Age Group Only All Kids Triathletes will exit transition	YMCA Parking Lot
	11:50 AM	Opening Ceremony	Flagpole
	11:55 AM	WeeBees Age Group: Assembles at Main Y entrance	YMCA Main Entrance
	12 PM	WeeBees Age Group: Race Start	Flagpole
	1 PM	Kids Tri Village Closes / Kids Tri Wrap-Up!	YMCA Main Entrance

First age group race call starts at 7:40 AM. All other times are subject to change.

Transition Clinic | Packet Pickup | Kids Triathlon | Kids Tri Village

DOYLESTOWN YMCA 2500 Lower State Road, Doylestown, PA 18901

PACKET PICKUP & RACE SWAG



THURSDAY, AUG 8
4-6 PM

Doylestown YMCA
Lower Level/Staff Parking Lot

2500 Lower State Road
Doylestown, PA 18901

SATURDAY, AUG 10
12-4 PM

Doylestown YMCA
Welcome Center

2500 Lower State Road
Doylestown, PA 18901

SUNDAY, AUG 11

6:30-7:30 AM (Age Groups 6-15)

11-11:45 AM (WeeBees Age Groups)

Doylestown YMCA
Transition Area - Parking Lot

2500 Lower State Road
Doylestown, PA 18901

THURSDAY, AUGUST 8 & SATURDAY, AUGUST 10:

Packet Pickup on Thursday, August 8 or Saturday, August 10 is highly encouraged.

- On-site registration is available during Packet Pickup through Saturday, August 10. Please note, registration closes at 4 PM on Saturday, August 10 and there will be no race-day registration on Sunday, August 11.
- Please bring a copy of your YMCA Kids Triathlete registration confirmation email.
- We will have packets for everyone who is registered. Pickup your child's packet early, and race shirts will be provided based on the shirt size listed on your registration. Unworn shirts can be exchanged at the conclusion of the YMCA Kids Triathlon, contingent upon shirt exchange availability.
- Can't make it to pickup your child's packet? Not a problem! Forward your confirmation email a friend or family member for them to pickup!



2024 Kids Tri shirt

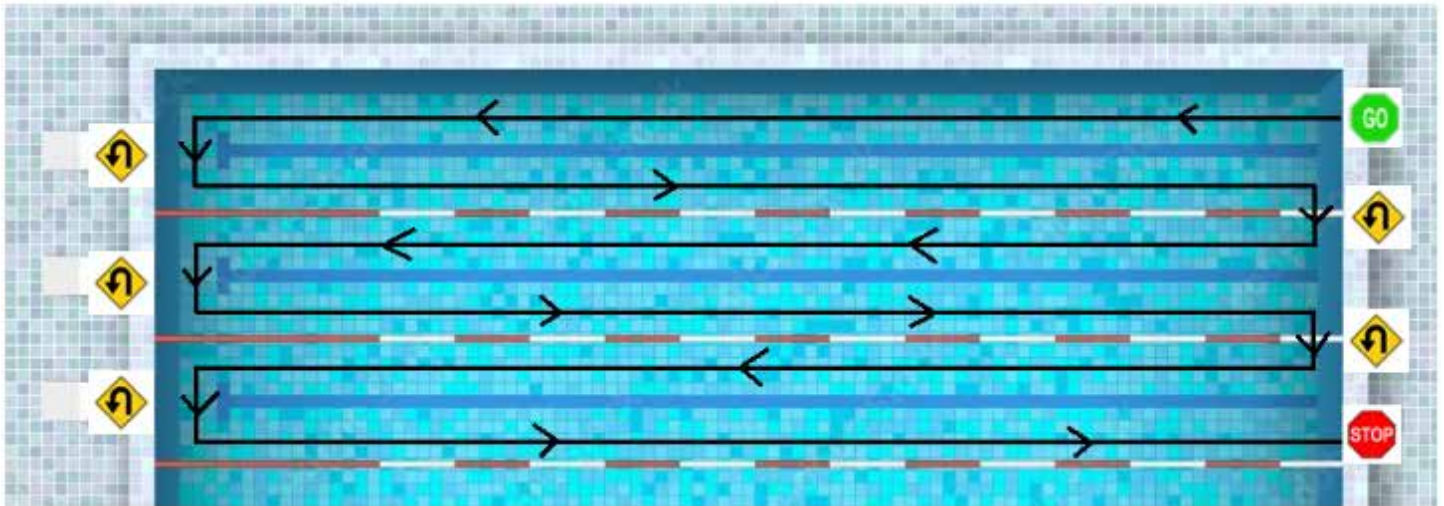


2024 Kids Tri medal

COURSE MAPS

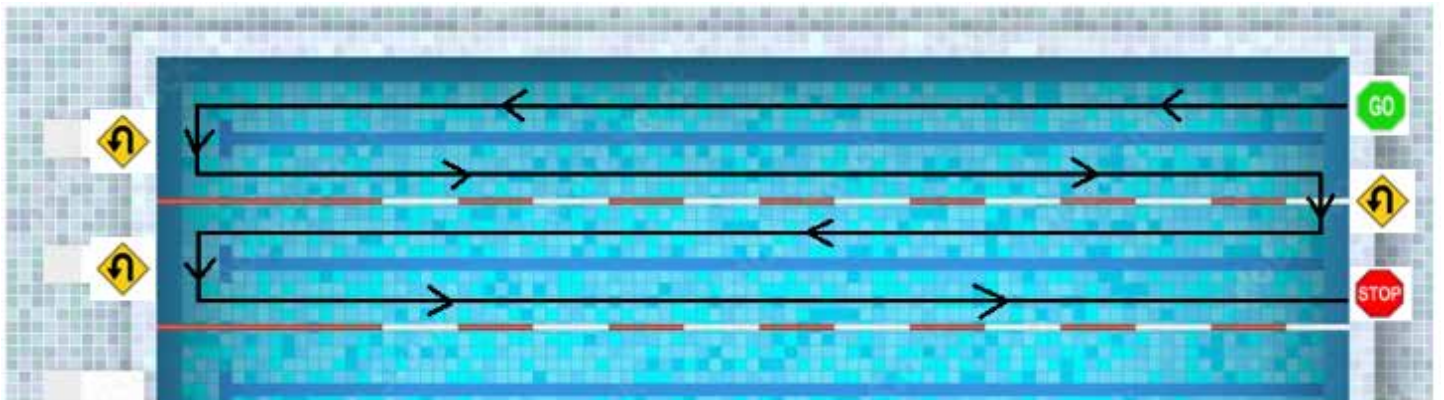
SWIM MAP: Ages 12-15

150 Meters | 3 Laps (6 Lengths)



SWIM MAP: Ages 10-11

100 Meters | 2 Laps (4 Lengths)

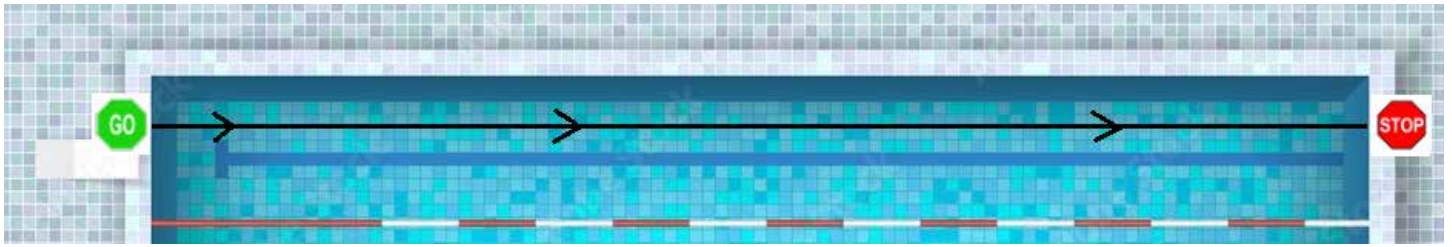


SWIM MAP: Ages 8-9

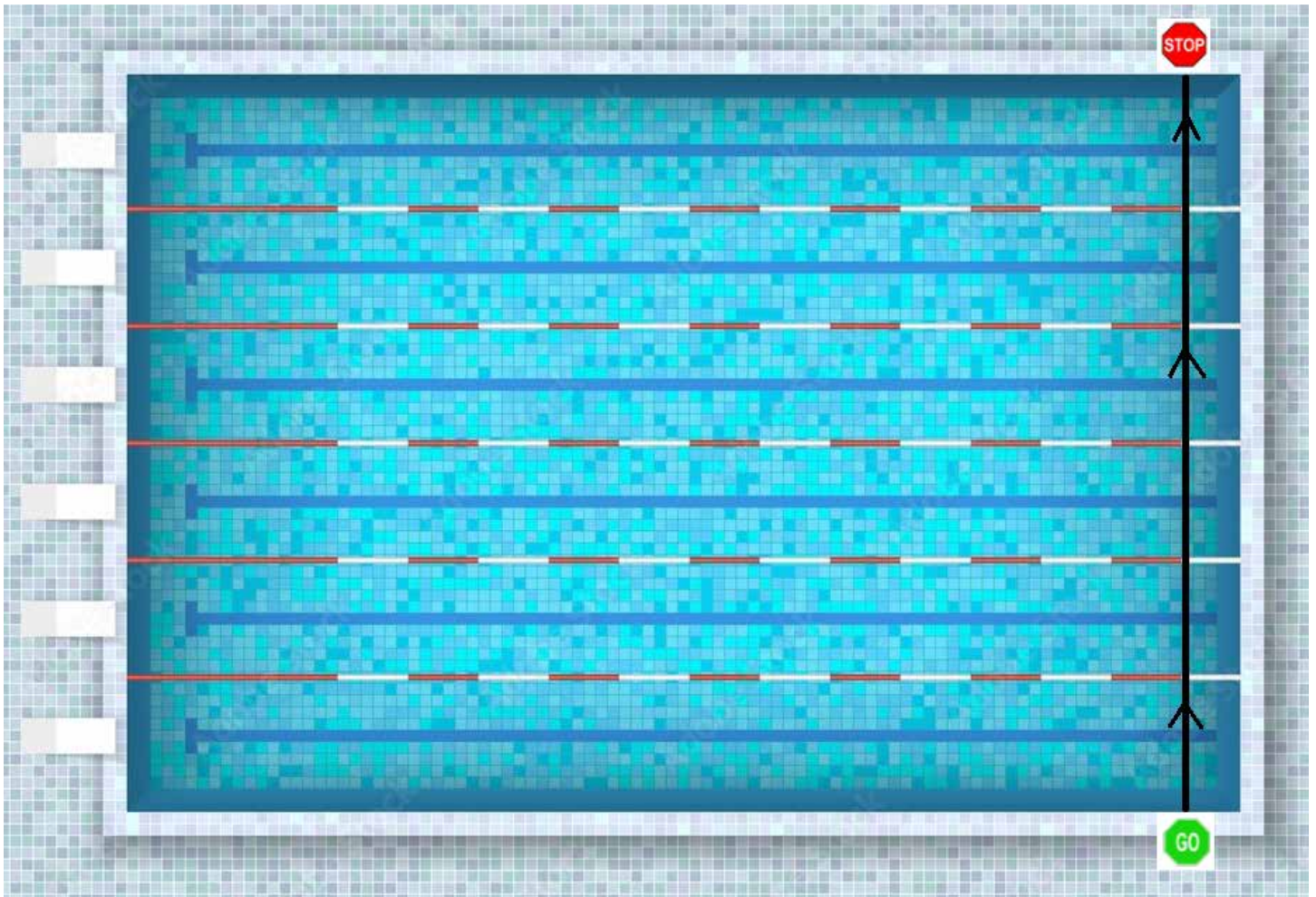
50 Meters | 1 Lap (2 Lengths)



SWIM MAP: Ages 6-7
25 Meters | 1/2 Lap (1 Length)



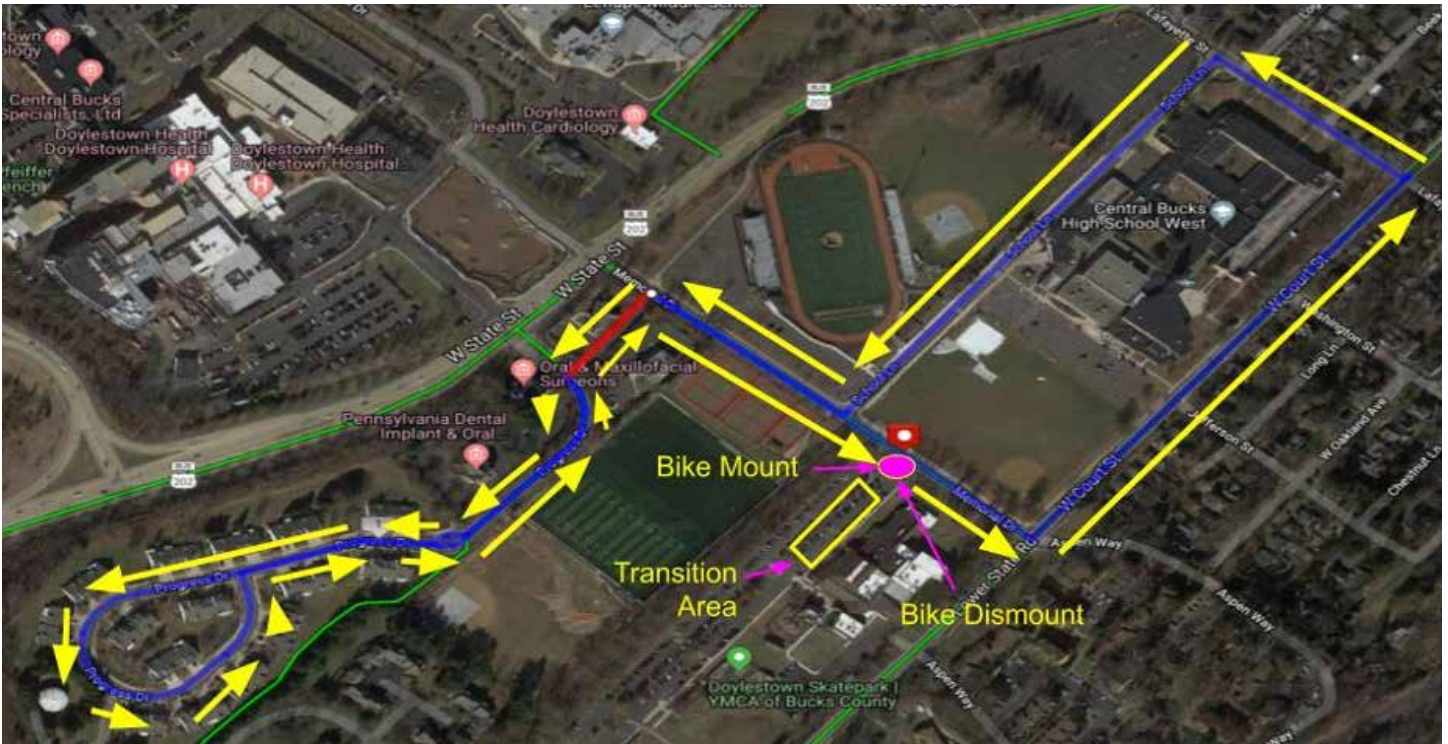
SWIM MAP: WeeBees Ages 3-5
12 Meters | Point to Point (Width of Lap Lanes)



BIKE COURSE

Ages 10 to 15 - 3.5 miles (Two Loops)

Ages 6 to 9 = 1.75 miles (One Loop)



BIKE COURSE: WeeBees

0.25 Miles



RUN COURSE: Ages 10 to 15

0.75 Miles



RUN COURSE: Ages 6 to 9

0.5 Miles

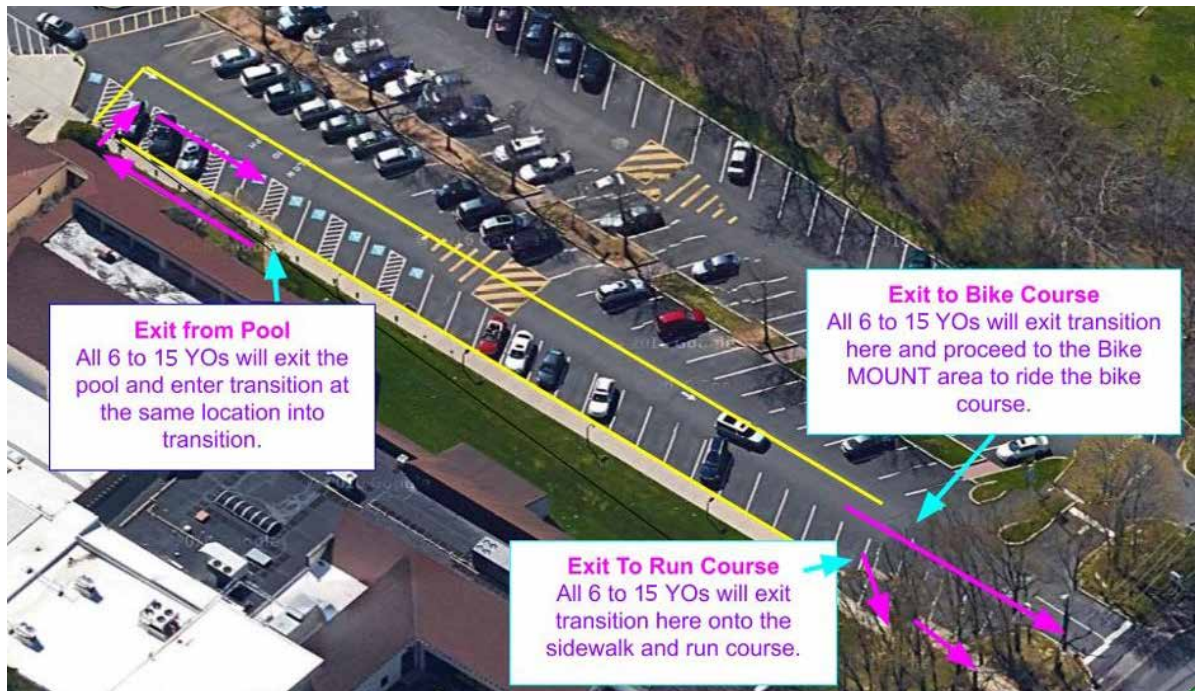


RUN COURSE: WeeBees

0.12 Miles



TRANSITION MAPS: Ages 6 to 15

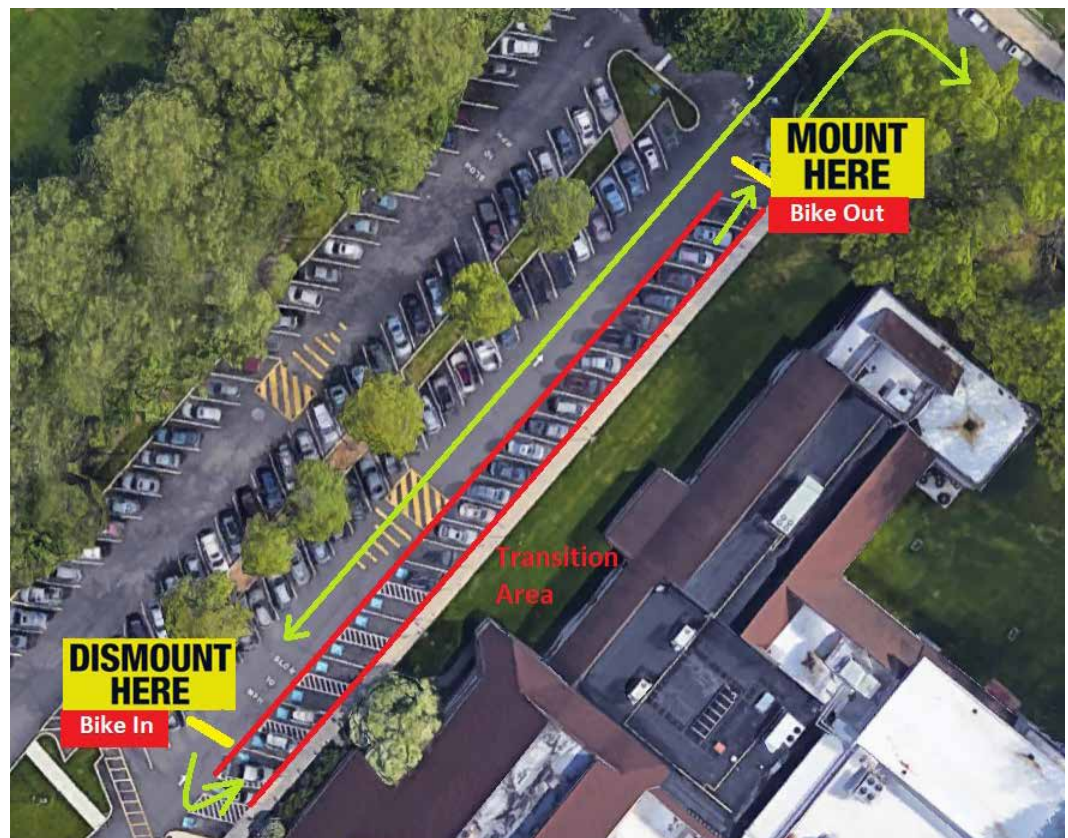


TRANSITION MAPS: WeeBees



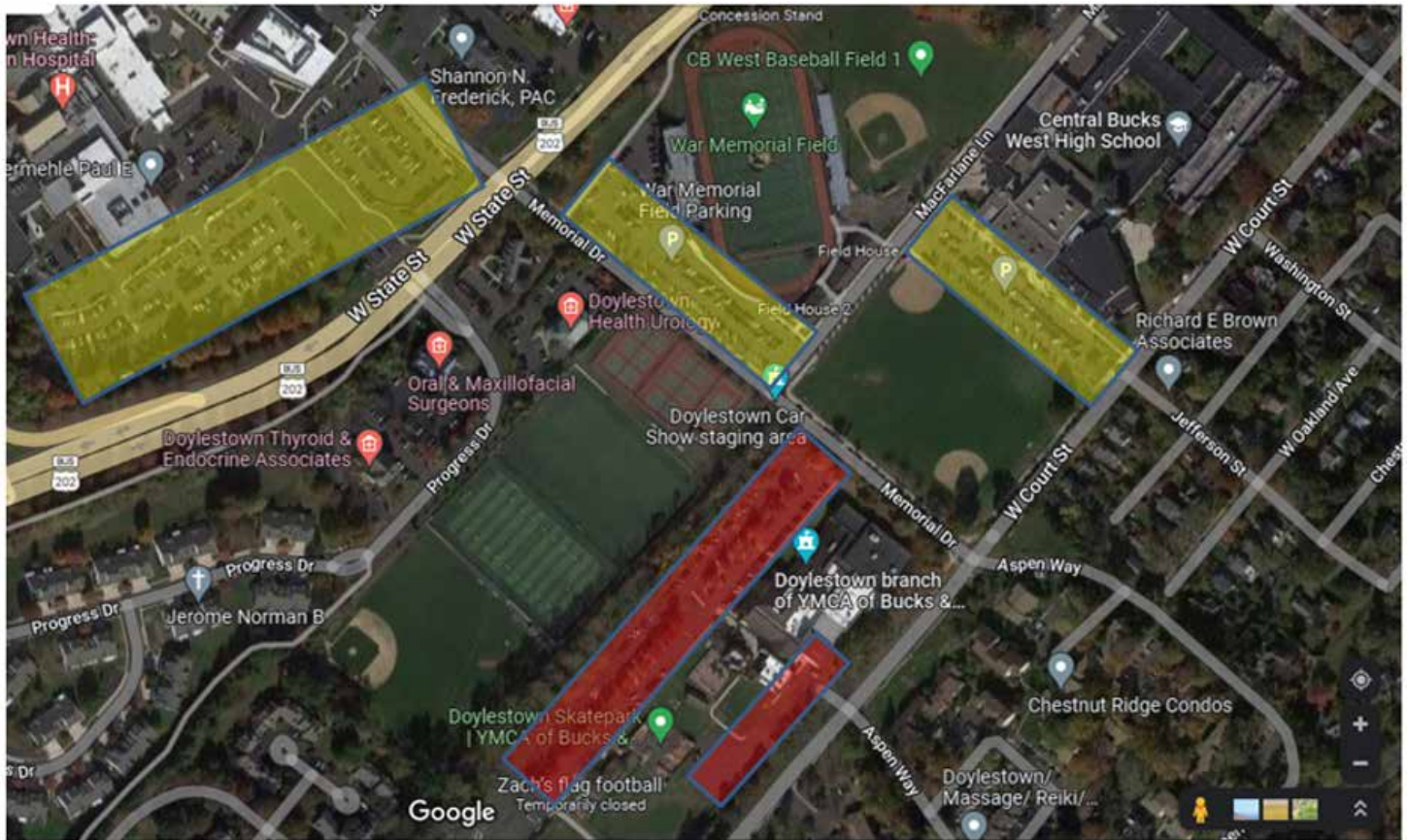
BIKE MOUNT & DISMOUNT AREAS: Ages 6 to 15

Racer's **MUST** Mount and Dismount between the lines



PARKING MAP

Parking is available for race participants in the lots highlighted in yellow on the map below. All Doylestown YMCA parking lots highlighted in red will be closed for the race, and parking is not allowed. Parking in those areas could result in your vehicle being towed.



Enjoy use of complimentary parking in the following lots:

- Central Bucks West High School – All Lots
- Lenape Middle School
- Doylestown Health Hospital
- Side Street Parking, where applicable

KIDS TRIATHLETE CHECKLIST



Pre-Race

- Review Kids Tri Athlete Guide with your triathlete!
- Directions to the Doylestown YMCA
- Race Packet packed!
- Hydrate, eat healthy, and rest!
- A winning attitude and GREAT smile!

Transition

- Backpack/bag for race gear
- Towel for ground
- Towel for Swim
- Snacks
- Water Bottle (plastic)
- Sunscreen
- Post-race clothing (optional)

Swim

- Swimsuit (worn to the race)
- Goggles
- Swim Cap (optional)
- Ear Plugs (optional)

Bike

- Bicycle
- Helmet
- Sunglasses
- Race Bib (provided during Packet Pickup)
- Shirt
- Shorts (optional to be worn over bathing suit)
- Shoes
- Socks

Run

- Sunglasses
- Race Bib (provided during Packet Pickup)
- Shirt
- Shorts
- Shoes
- Socks
- Hat (optional)

QUESTIONS?

Email Race Director Justin Grand at jgrand@ymcabhc.org

KIDS TRI AT HOME



 #KIDSTRIATHOME PROGRAM							
	SWIM DAY	BIKE DAY	RUN DAY	MUSCLES DAY	CARDIO DAY	STRETCHING	OFF DAY
WEEK 1	Swim the "Globe" (a stability ball) by balancing on the ball and doing the freestyle and breast strokes (to music)	Learning time! Teach the kids how to change a tire. Go over the importance of wearing a helmet on every ride.	Go for a walk as a family. As you get closer to your house, see who can sprint home the fastest!	FaceTime challenge! FaceTime as many of your family and friends as possible and host a plank challenge. Who can hold the plank the longest?	Play "Simon Says" and alternate between these exercises: 1. cross country ski (lunge and switch legs) 2. bicycle crunches 3. mountain climbers 4. swimming flutter kicks on back 5. "quick feet" in place	Use free meditation apps which gradually increase the time you meditate from 1 minute up to 10 minutes over a period of days	Play "Hide and Seek" around the house!
WEEK 2	Find a bench (or couch!) and have the kids hold resistance bands while you hold the middle. Then practice some swim strokes!	Have a trainer at home? Make up a game – pedal harder every 90 seconds for 10 minutes. Or, play music, and during the chorus, pedal faster.	Play a game of "Red Rover" or "Tag" – whether you're inside or outside!	FaceTime challenge! FaceTime as many of your family and friends as possible and host a push-up challenge. Who can do the most push-ups?	Set-up a small cardio circuit. Alternate between jumping jacks, jump ropes, and lunges – 1 minute on and 1 minute off.	Find a local yoga studio streaming online family yoga classes and try out a family yoga hour!	Take a virtual museum tour! Many museums, including the Smithsonian National Museum of Natural History, are offering free virtual tours.
WEEK 3	Swim the "Globe" (a stability ball) by balancing on the ball and doing the butterfly stroke (to music).	In the driveway or a parking lot, set up an obstacle course and riders can practice turning skills.	Play "Red Light, Green Light." A parent starts as the "base" and shouts "green light!" and "red light!" Everyone sprints on green light, then stops on red light. First one to tag the "base" is the base next time.	FaceTime challenge! FaceTime as many of your family and friends as possible and host a sit-ups challenge. Who can do the most sit-ups in 1 minute?	Obstacle course! Create a furniture course or take chalk and make a course outside. Add in specific mental or physical challenges to keep everyone guessing.	Use your meditation app or attend a virtual (free!) yoga class designed for kids or families.	Draw with Kennedy Center artist Mo Willems, who hosts virtual "Lunch Doodles" every week day at 1 p.m. EDT.
WEEK 4	Swim the "Globe" (a stability ball) by balancing on the ball and doing the back stroke (to music).	Play "Slow Race," Create a race course and the kids ride on the bikes as slow as they can from the start to finish line without putting a foot down – the last to cross the finish line is the winner!	Is your house a mess from being inside so much? Host a race to see who can clean up a room (or rooms!) the fastest by tidying up.	Play "Follow the Leader." Add in specific activities such as jumping, lunging, and squatting.	Create a scavenger hunt of clues! Have the kids find certain items, and at each location they do 10 of the following exercises (they can choose): bicycle crunches, plank or wall-sits (10 seconds).	Mini Triathlon Do "Transition Relays" on a course set up inside. Run. Put on race belt. Run. Put on shoes. Run. Put on helmet. Run to the finish line!	Enjoy a day-time movie, a game night, or even reading books with celebrities (check out @savewithstories on Instagram).

Have another workout you love? Substitute it for any day or any workout and share it with us by emailing youth@usatriathlon.org or tagging [@usatriathlon](https://www.instagram.com/usatriathlon) on social media using the hashtags [#OurPowerWithin](https://www.instagram.com/OurPowerWithin) and [#KidTriAtHome](https://www.instagram.com/KidTriAtHome)

RACE DAY INFO



RACE DAY

- Welcome to race day! All triathletes must check in and enter transition in their designated Age Group Times below:
 - **6:30–7:30 AM – Age Groups 6 to 15**, regardless of their age group start time.
 - **11–11:45 AM – WeeBees Ages 3 to 5**
- **Age Groups 6 to 15:** Transition opens at 6:30 AM, and closes promptly at 7:30 AM for Age Groups 6 to 15. All athletes and equipment must be on site and ready to race by 7:30 AM. First age group race call starts promptly at 7:40 AM. All other times are approximate. Please note races can shift ahead of schedule by as much as a half hour. For this reason we request that all racers stay on-site. All age groups will have three calls to line-up.
- **WeeBees Age Groups 3 to 5:** Transition will reopen at 11 AM and close at 11:45 AM for WeeBees Age Groups 3 to 5. All athletes and equipment must be on site and ready to race by 11:45 AM. WeeBees race call starts promptly at 11:55 AM.
- Race "equipment" is not provided, including bicycles and helmets. Bicycle helmets are required and kick-stands are highly recommended.

TRAFFIC, PARKING, & CLOSURES

- To ensure a safe and fun event for all Kids Triathletes and families, the Doylestown YMCA will be closed throughout the duration of the race and will open at 2 PM on Sunday, August 11. From 7:45–11 AM and 11:45 AM–1:30 PM, no vehicle traffic will be allowed on Memorial Drive, MacFarlane Lane and Progress Drive.
- Parking is available at Central Bucks West High School, Lenape Middle School, Doylestown Health Hospital, and side street parking, where applicable.
- Parking volunteers will be on hand to direct you. You may use Memorial Drive until 7:30 AM to drop your triathlete's bike off.
- Cars parked at Central Bucks West High School and lots off of Memorial Drive after 7:45 AM will remain parked there for the duration of the event!

RACE TIMING

- Triathletes will be chip timed via a disposable timing chip from Byrn Mawr Racing Company. Timing chips will be distributed during your child's packet pickup. Your timing chip will be worn around their ankle and is to be worn throughout the duration of their swim, bike and run. Athletes crossing the finish line without their timing chip will not have a time recorded. Recorded times will reflect your swim, bike and run time and an overall time.
- Race bibs are also included in your triathlete's packet pickup. Race bibs, different than their timing chip, is to be worn during the bike & run only.
- Official times will be posted on the Y website as quickly as possible at ymcabhc.org/kids-tri.



To be worn on left ankle throughout entire duration of Kids Triathlon.



To be affixed to shirt during Bike and Run only.

SAFETY

- All segments of the YMCA Kids Triathlon will be supervised by event volunteers and Y staff.
- All volunteers will be in volunteer shirts. Please feel free to ask for assistance!

SPECTATOR AREAS

- Spectators must remain in the designated areas and marked spaces throughout the race. This is for the safety of all participants.
- Only WeeBee parents/guardians are permitted inside of WeeBee Transition, and to run alongside their child. Parents/Guardians are not permitted inside the Transition Area and the race course for Registered Kids Triathletes ages 6–15.
- Unsportsmanlike conduct among participants or parents/guardians will not be tolerated and any violators will be asked to leave.

GENERAL RACE RULES

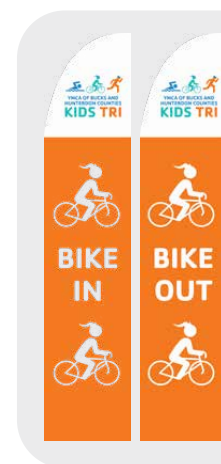
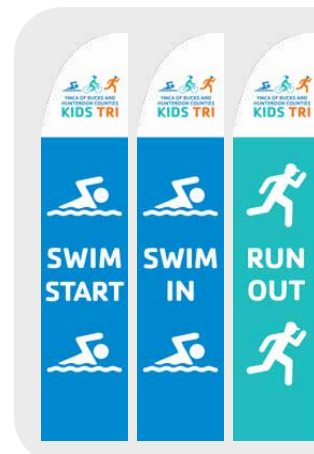
- The YMCA Kids Triathlon is rain or shine! Please prepare for all weather conditions.
- Except for WeeBee parents (ages 3-5), spectators are not allowed on any part of the race course.
- A parent/guardian must be on Y property at all times.
- Helmets must be worn at all times on the bike course. Chin straps must be buckled at all times.
- No bare chests/stomachs on the race course.
- Race bibs should be clearly visible on the front of each participant during the run and the bike portion of the race.
- Cutting the course or going outside the course will result in a race violation.
- Bike Tech support will be performed (at no charge!) during Athlete Check In and throughout the duration of the race. Bike Tech will be located inside Kids Tri Village.
- No headphones, headsets, music devices, or personal audio devices are permitted on the course or during competition.
- **Have fun!**

ATHLETE CHECK IN

- **All registered triathletes are required to check in on race day between 6:30-7:30 AM for Age Groups 6-15 and 11-11:45 AM for WeeBees ages 3-5.**
- Packet Pickup on Thursday, August 8 from 4-6 PM or on Saturday, August 10 is highly encouraged! Race Day Packet Pickup on Sunday, August 11 will be available during Athlete Check In between 6:30-7:30 AM for Age Groups 6-15 and 11-11:45 AM for WeeBees ages 3-5.
- You may use Memorial Drive, the main road in front of the Doylestown YMCA, to drop off your triathlete's bike.
- You will receive your bib and t-shirt at the time of packet pick-up.
- You will also be body marked with racer identification info at this time.
- **Races will not be delayed to accommodate late arrivals.**

TRANSITION AREA

- Transition in a triathlon is the area and practice of changing from one discipline to another. This will include the area that athletes enter coming back from the Swim, going out for the Bike, returning from the Bike, and heading out for their Run. Transition 1, or T1, occurs when an athlete transitions out of the Swim and into the Bike, and T2 occurs when an athlete transitions from the Bike to the Run.
- Transition will be clearly marked with directional swim, bike, and run flags. Please arrive early to familiarize your triathlete with the direction and flow of transition entry and exit.
- Transition is only open to registered Kids Triathletes, with the exception of WeeBees participants. We will have plenty of caring and dedicated volunteers to help your child setup! They will happily assist racers with clothes, helmets, and tying shoes!
- All race gear will be stored exclusively in Transition at the athlete's designated transition spot.
- Each age group's transition area will be clearly marked and will be organized by age group and bib number. Ask a Transition Volunteer for help at any time!
- After body marking upon entering Transition, please put all triathlon race gear (t-shirts, sneakers, helmet, bicycle, towel and water bottle) in the transition area.
- Only plastic water bottles in the transition area and on the course.
- It is the racer's responsibility to be aware of their surroundings at all times. *Note: For the safety of all participants, **no bike riding in Transition!** Athletes can walk or safely jog their bikes to the mount line outside of Transition.
- Please listen to post race announcements for details on when you can access the transition area to get your athlete's gear. It is important that you follow instructions and listen for announcements so that you do not interfere with other racers.



SWIM



- **Swim Distances**

- **Ages 6–7:** 25 meters (1 Pool Length)
 - **Ages 8–9:** 50 meters (2 Pool Lengths; 1 Lap)
 - **Ages 10–11:** 100 meters (4 Pool Lengths; 2 Laps)
 - **Ages 12–15:** 150 meters (6 Pool Lengths; 3 Laps)
 - **WeeBees Ages 3–5:** 12 meters (1/2 Pool Length)
- With the exception of WeeBees, parents/guardians are not allowed on the pool deck or in the pool area. YMCA Aquatics Staff, Lifeguards, & Volunteers will be on the pool deck to assist and cheer your racer!
 - Y provided floatation devices are available, if needed.
 - **WeeBee parents/guardians are required to be in the pool with their child regardless of their swim ability**
 - Participants assemble approximately 5 minutes before their heat is scheduled to begin. Please refer to the Event Schedule in the Athlete Guide for times.
 - Swimsuits must already be on at this point and goggles are recommended. All bike & run gear must be left in Transition, including the race bib. *Note: the race bib will disintegrate in water. Please have the race bib already attached to your athlete's shirt!
 - Swimmers will be "body marked" at registration with their bib and age-group.
 - Swimmers start in the water. **NO DIVING** and **NO FLIP TURNS!** When applicable, swimmers are required to do an "OPEN" turn (touching the wall with both hands and then turning to swim the next lap.) We ask that all swimmers stay on their side of the lane to complete their swim portion.
 - Once the swim is complete, swimmers walk along the carpet from the Pool through the Gymnasium to the outside Transition Area where they prepare for the bike portion. Make sure to give your athlete a loud cheer here!

BIKE

- **Bike Distances**

- **Ages 6–7:** 1.75 miles (1 Bike Course Loop)
 - **Ages 8–9:** 1.75 miles (1 Bike Course Loop)
 - **Ages 10–11:** 3.5 miles (2 Bike Course Loops)
 - **Ages 12–15:** 3.5 miles (2 Bike Course Loops)
 - **WeeBees Ages 3–5:** 0.25 miles
- All racers must have their own bike and helmet. Kickstands are recommended. Training wheels are only permitted for the WeeBees.
 - Racers enter the Transition Area and proceed to their bike. Shirts, socks, sneakers and helmets must be worn over swim suits! For the safety of your athlete, shirts must be worn at all times following the Swim and beginning on the Bike.

- Race Bib numbers must be clearly visible on the front of each participant during the Bike and the Run portion of the race.
- Bikes must be walked out of the Transition Area to the end of the parking lot. Once on Memorial Drive, racers can mount their bikes. Volunteers will be there to guide you.
- Although traffic will be blocked for the Bike, riders must stay alert and pay attention to their surroundings and the other athletes.
- Volunteers will be positioned throughout the course. Volunteer instructions must be followed including requests to slow down. Volunteers are there for the safety of the children participating in the race.
- Ride on the right side, and pass on the left. Do not cross the yellow line in the road.
- When passing, call politely to the rider "on your left." Do not block or ride on the left side of the lane without passing.
- Look before turning, stopping or slowing down. Someone might be next to you or behind you that you don't expect.
- Helmets must be worn and chin straps remain fastened at all times while on your bike. All handlebar ends must be solidly plugged.

RUN

- **Run Distances**

- **Ag 6-7:** 0.5 miles (1 Run Course Loop)
- **Ag 8-9:** 0.5 miles (1 Run Course Loop)
- **Ag 10-11:** 0.75 miles (1 Run Course Loop)
- **Ag 12-15:** 0.75 miles (1 Run Course Loop)
- **WeeBees Ag 3-5:** 0.12 miles
- Runners exit their Transition Area on the sidewalk/building side to begin their run. Runners will proceed out of the Y lot, onto the sidewalk and to the right, then follow the sidewalk and down Lower State Road.
- Age groups 6-7 and 8-9 will turn up the access road and into the parking lot to complete their run.
- Age groups 10-11 and 12-15 will continue down the path to the back of the Y property, then cross into the camp field and come up from the lower end Y lot to complete their run.
- Volunteers will be on site to direct runners.
- Where applicable, runners must stay on the sidewalk at all times and listen to volunteers.
- Race bib number must be visible at all times during the run. Do not alter your number in anyway. Do not transfer your number to any other athlete or take a number from any other athlete since all numbers will be programmed into the computer by the timer.
- Be sure to check that sneakers are laced tightly before beginning the run.
- Have fun and give your best smile for your photo finish at the Finish Line! All athletes will receive a YMCA Kids Triathlon Finisher's Medal!

FINISH LINE & KIDS TRI VILLAGE



The YMCA Kids Triathlon is a race experience for the entire family! Bring out your loudest Cheer Squad to cheer your triathlete on! Enjoy the following benefits on August 11 as we help prepare for your child's start and celebrate their **COMPETE TO COMPLETE** race journey. **Kids Tri Village is open from 7:30 AM-1 PM.**

LIVE DJ ENTERTAINMENT

What's a party without the music? Live DJ will bring the energy, set the rhythm and vibe, and help all runners complete their race!

FINISH LINE EXPERIENCE

FINISHER MEDALS

for all Kids Triathletes will be awarded to all athletes as they find their Finish Line!



Back after popular demand, welcome to our **KIDS TRI VILLAGE!** This unique expo will engage all athletes, parents/guardians, and families throughout the duration of the Kids Triathlon race! Waiting for your respective age group to start, or finish early and want to join in on the fun? **KIDS TRI VILLAGE** has it all!

BOUNCE HOUSE & FUN YOUTH GAMES!



GAMES, ACTIVITIES, CRAFTS & SO MUCH MORE!

Join our friends from Doylestown Health, Pennsylvania National Guard, & Jamison Pack 318! Learn about scouting, and participate in games involving air rockets, ax throwing, kindness rock painting, and so much more!

SPONSOR TABLES, VENDORS & POST-RACE REFRESHMENTS

BUCKS BUBBLES FOAM PARTY!

Get ready for the best party ever: the Foam Party! Enjoy non-stop, cool, refreshing FOAM to celebrate your Kids Tri finish!

Y FOR ALL: DIVERSITY & INCLUSION

Join us for a special craft project, the **Kids Tri Y FOR ALL Bracelet!** Led by YMCA Diversity & Inclusion champions, express your you-ness through the colors of the beads with this special souvenir creation that will bring home our **COMPETE TO COMPLETE** and our **Y FOR ALL** inclusion efforts.

